

> 08

Census deadline

> 10

St George's Tea Dance

> 16

Memorial makeover



thenewhammag

issue 217 // 1 – 15 April 2011



On track

Newham London runners take
in Olympic sights (p20)



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We all know that there's great change and development afoot in the borough and in this issue we look at some exciting examples. With a young man making the most of the construction work available (p24), opportunities at the BBC (p13) to some fantastic leisure projects in the south of the borough (p14), it's looking good for our residents. We also look at inspiring entrepreneurs with family values (p22) and all the great work the council's been doing in Memorial Park (p16). It's not all work: get together with your neighbours and celebrate St George's Day (p10) and continue the fun with Easter Holiday treats (p28).

Cllr Conor McAuley
Executive Member for Regeneration
and Strategic Planning

Don't forget – If you live in East Ham, Royal Docks, Forest Gate or Custom House and Canning Town community forum areas, look inside for local news and events in In Focus.

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The Newham Mag is printed by Woodford Litho Ltd and distributed by Letterbox Distribution.

Look out for the next issue from 15 April 2011

contents

1 April 2011 // issue 217

Regulars

- 04 NEWS** – two pages of news from across the borough
- 06 MAYOR'S VIEW** – news from Sir Robin Wales
- 20 NEWHAM IN PICTURES** – a Newham London Run special
- 22 WORKING LIVES** – life is sweet for two brothers
- 24 YOUR SPACE** – young people build futures
- 26 HEALTH** – how to be TB aware
- 30 OUR NEWHAM** – community news from across the borough
- 32 KIDS' CORNER** – poems, pictures and puzzles for our younger readers



18



28



16



22

- 34 WHAT'S ON** – five pages of activities and events for you to try – most of them free

Features

- 08 CENSUS REMINDER** – there's still time to fill in your form
- 10 SPRINGTIME SENSATION** – fun in the sun
- 13 BE INSPIRED BY THE BEEB** – Olympic opportunities
- 14 POP UP PROJECTS** – exciting dockside developments
- 16 MAKING IT MEMORABLE** – How Memorial Park is changing
- 18 HOUSING CHANGES** – The council absorbs Newham Homes
- 28 EASTER TREATS** – What's in store this holiday

IN BRIEF //

Enterprising decision

The regeneration of the Royal Docks was boosted when 125 hectares of development land were given Enterprise Zone status.

Mayor Sir Robin Wales welcomed the news, which was announced in the Budget. He said: "We have led the call for an enterprise zone in this area, as a key foundation of our post Olympics legacy."

For more information see the Mayor's column.

.....

Deadline to vote

A referendum takes place on May 5 on the voting system used to elect MPs to the House of Commons.

The deadline for registering to vote is Thursday 14 April. The deadline to apply for a postal vote or to alter an existing one is 5pm on that date. The deadline to apply for a new proxy vote is 5pm on Thursday 21 April.

If you haven't registered and want to take part call 020 3373 3777 or email elections@newham.gov.uk

.....

Changes to Freedom Passes

From 1 May 2011, those in receipt of a Higher Rate (Mobility Component) Disability Living Allowance or War Pension Mobility Supplement will no longer automatically qualify for a Freedom Pass. If you already hold a pass, you can continue to use it until its expiry date in 2015, at which time you will need to reapply under different criteria. For more information, call 020 8430 2000 or visit your Local Service Centre.

.....

New phone number for Workplace

The council's job service, Workplace, has changed its phone number. To get in touch, call 020 3373 1101. See p13 for more on Workplace.

Students get lesson in diversity

Thirty students from Denmark were taken on a tour of Newham by chair of the council Councillor Amarjit Singh to show the borough's rich diversity and multiculturalism.

Councillor Singh received the request from the students from Copenhagen who were keen to learn how politicians helped promote tolerance and understanding in the community.

The group visited the Olympic Park Viewing Gallery and the Old Town Hall in Stratford and Langdon School in East Ham where they met pupils to talk about religion in communities.

Said Councillor Singh: "Newham has a proud and continuing history of welcoming new communities and the students were keen to learn how we dissolve prejudice by bringing people together. For most of them it was the first time that they had ever met a Sikh and had a chance to ask questions about the religion."



Cllr Singh and the Danish students

WIN: Spruce up your street party

One of the nation's leading retailers is offering to add a splash of colour to your street party with a paint makeover in time for the Royal Wedding. With just over a month to go before the big day, there is precious little time to get our streets ready for the celebrations and show our enthusiasm for the upcoming events.

If your street has applied to host a street party this one is for you. Get a little help transforming your street or a key spot in your area in the next month: submit a paragraph (max 200 words) explaining why the street or space deserves a makeover to [newham](mailto:mag@newham.gov.uk). mag@newham.gov.uk by 12noon, Wednesday 6 April, quoting 'makeover' in the subject line.





News

Art tribute to theatre saviour

An art competition to create a memorial to celebrate the mother of modern theatre Joan Littlewood, has been launched by Newham Council as part of efforts to improve Stratford Town Centre.



Joan Littlewood helped save Theatre Royal Stratford East from demolition in the late 1960s. Judges will be looking for proposals which capture her spirit and character.

Money for the project will be drawn from developers' contributions, which means the artwork will not cost the taxpayer a penny.

Councillor Conor McAuley, executive member for regeneration, said: "The memorial will form an important part of the council's efforts with our partners to upgrade the area for residents and visitors."

The commission will sit outside the theatre and form part of other improvements in Theatre Square, where new paving and lighting has been installed.

Newham Carers get reading

Newham celebrated World Book Day by giving away free copies of the book, *A Fine Balance*, by Rohinton Mistry.

Councillor Freda Bourne made gifts of the classic to Newham

Carers champions and members of Newham Carers United

Newham Carers United facilitator Barbara Wilson was one of the lucky givers selected from 20,000 people up and down the country. She chose to give the 48 copies of her favourite read to carers, saying: "The aim of World Book Night is to get people reading who don't normally do so, and we all know that carers neglect their own interests and have so little leisure time".



Fun and fitness is the goal

Mayor Sir Robin Wales presented prizes to players who took part in a football tournament to mark International Women's Day.

The tournament at Kingsford School saw people of all ages and abilities take part in competitive matches and taster sessions. After the games people enjoyed refreshments at the school and took part in discussions about matters in the local area.

The event was staged by Women United and Beehongo, two Beckton community organisations. with the support of the council and community lead member Cllr Ayesha Chowhdury. She, together with Beckton ward councillor David Christie, joined the Mayor to present the prizes.

The Mayor said: "It's great that people can get together and have fun and be active at the same time."



Enterprise boldly going i



Cable car connection

It's not often that we get good news in the Budget, regardless of who makes the announcement, but there was something for us to be pleased about last week.

Overall there may have been little to cheer as we deal with the cuts imposed on our borough, but at least our historic Royal Docks have been given Enterprise Zone status, which will bring thousands of jobs and transform the area into a brand new district in which to live and invest.

Although much of the detail is still

to be ironed out, the zone will stretch from the docks to the Olympic Park in Stratford. It will give new businesses a package of incentives to locate in Newham. We led the call for a zone in the Royal Docks as a key foundation of our post Olympics legacy. It is crucial that the 2012 Games bring sustainable employment to Newham and east London and the zone will contribute to that.

Local businesses joined our campaign. Westfield Stratford City, ExCeL London, London City Airport, Siemens Plc and Buhler Sortex Ltd all recognise the enormous potential of this area.

The Royal Docks are blessed with land that is ready for development alongside excellent transport connections. Newham has significant need for growth as we have a lower than average employment rate for

our working age population, and a relatively small business base. The zone therefore is a perfect fit.

We have already demonstrated success in getting people into work through our Workplace scheme, but it's vital that more jobs are created for people over the coming years.

"It is crucial that the 2012 Games bring sustainable employment to Newham and east London and the zone will contribute to that."

The Royals has a massive advantage over other parts of the Capital due to its transport links with London City Airport, Crossrail, the



Siemens building



Mayor's view

n right direction on jobs



Docklands Light Railway, the Jubilee line, the Woolwich Ferry, the cable car connecting ExCeL and Siemens to the O2 as well as Stratford International close by.

It is vital however that this zone does not repeat the mistakes of the past and really does deliver benefits to our workless community.

I want employers who come to the zone to employ some of our people who need the greatest help – those who have been out of work for a long time or those who have never worked. If they promise to do that then we promise to get people up to the standard that those employers need and expect. They are, after all, running businesses, not charities.

The Mayor's Employment Project (where the promise is that if you're worse off in work than on benefits then we will make up the difference) helps people who have been

out of work for two years or more. Four out of five of the long-term unemployed residents that we get into work are still employed three months later.

We already work closely with Westfield and London City Airport to design training, to develop pre-interview placements and to plan in advance how we can support them with their future recruitment. That means not only are our residents good enough for those jobs, they have a competitive edge over others who apply.

Residents need and deserve the very best job providers and we will work with companies who care about what happens here.

Many of the Olympics jobs will

be temporary ones. Unless we use the enterprise zone to its full potential, combined with the opportunity that comes with the Olympics, then when it comes to jobs and legacy, instead of achieving Olympic gold, we won't even be at the races.

That is why, together with my councillor colleagues, I will fight for the things which will make a difference to your lives. That is why we will now focus on working closely with the Government about the detail of the zone to ensure it meets the needs of Newham and that both new and existing businesses as well as residents can reap the rewards.

Tribute to a former colleague

I heard the sad news last week of the death of former councillor Mahmood Ahmad.

Mahmood served on the council for 12 years between 1994 and 2006. He represented the former Castle ward during his first two terms in office and latterly Green Street ward.

He offered great support as consort to his wife, Forest Gate ward councillor Shama Ahmad, during her year as ceremonial mayor in 1996/97. His son Sharaf Mahmood continues the strong family links to politics by representing Green Street East ward.

Mahmood was a decent and honourable man who served as a councillor with great dignity and warmth. He fought for all the right things on behalf of the residents he represented. Our borough will be a poorer place without him and I offer my deepest sympathy to his family, friends and those who knew him.

with Sir Robin Wales



Last call for the census

Although the official census day of Sunday 27 March is now behind us, if you haven't filled your form in yet, it's not too late. Complete and submit online or complete and return your paper questionnaire as soon as possible.

Everyone living in the UK must either complete a census questionnaire or be included on the questionnaire for the household they live in. The census is compulsory – even HM the Queen has to take part! If you do not return yours, you may face a fine of up to £1,000 and a criminal record.

A computer tracking system records which households have returned their census questionnaires and, using this information, census field staff have now started visiting every household that has

not submitted or posted its census. If you're yet to return yours you can expect a knock on the door some time soon.

If you do answer the door to someone collecting the census, make sure you ask to see identification so that you can be certain they are official census field staff.

The census is an extremely important survey and every individual recorded on a completed questionnaire is worth at least £6,000 in funding for services in Newham. All the information gathered is used to plan how much money is allocated to provide all

the things we know are important to you, from education to housing, community safety to keeping our streets clean.

Don't worry, none of the information you provide can be shared with the council, any other Government department, organisation or the police and cannot be used against you in any way.

For more information about the census, including help on how to fill in your form please visit www.newham.gov.uk/census or call 020 8430 2000.



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NEWHAM COLLEGE LONDON

Eggstraordinary events this Easter

From Easter egg hunts and steel bands to a St George's Day Tea Dance, there's fun – and chocolate! – galore for all ages this Easter.

On Thursday 21 April, The Old Town Hall Stratford, 29 Broadway, plays host to two free events.

Easter Garden Party

From 11am-7pm, The Easter Garden Party springs into life in the Old Town Hall Courtyard. This eggstravaganza includes egg decorating, egg tasting and Easter egg hunts around the surrounding area with some great prizes up for grabs if you can crack the clues and successfully follow the trail.

You can get up close and personal with some cuddly creatures from the petting farm and also pick up tips on how to grow your own fruit. If you get peckish, indulge at our outdoor barbeque while being serenaded by the live steel band.

St George's Day Tea Dance

If you're aged 50 and over, take a break

from egg decorating and sashay across the Old Town Hall's floorboards for a special Tea Dance to celebrate England's patron saint. From 1.30-4.30pm, ballroom moves will be the order of the afternoon alongside the opportunity to have a natter and make new friends.

Free tea, coffee and cake will be available for those who need to recharge their batteries. These dances are incredibly popular and are exclusively for Newham residents only.

To book your place or for more information call Mary on 020 337 34885.

Happy Easter holiday

Make the most of any time off you get this Easter with a whole programme of free and fabulous events taking place across the borough – from cricket and cheerleading to karate and cycling!

Turn to page 28 for more details.





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An experience **that works**

The Olympic and Paralympic Games are about more than just sport. Together, they bring life-changing opportunities which can inspire residents before, during and after the Games. One such programme that is inspiring people is the BBC 2012 - Work Experience scheme, currently recruiting via Workplace.

The scheme is only open to residents of the six host Olympic boroughs, and is aimed at adults aged over 18 who are not graduates.

The entry level programme gives successful participants the opportunity to gain four weeks' work experience in areas ranging from the BBC newsroom to BBC Children's.

Mohammed Delwar Al Monsur, 24, from Forest Gate, has recently completed a placement at *The One Show*. Having studied media at school, he saw the scheme as: "a good opportunity to get some experience".

Although the placements are unpaid, the application process is rigorous. Mohammed explained that he underwent four stages of recruitment, saying: "I think they wanted to see who was eager, confident and enthusiastic. Of course you

want it to be over quickly, but it was a great learning process.

"I found out about the role via Workplace. They supported me by showing me how to approach an interview, how to be confident and how to act in a work environment."

Mohammed was appointed as a runner, an entry level role which requires a range of skills. Mohammed said: "I started by shadowing and learnt a lot from the people around me. I then went on to help with props, set design, assist with research, camera work and sound. I helped out on location and shared ideas I had for filming.

"I learned a lot and I really want to go back there! They have an apprentice scheme which I'd like to apply for."



Make it work for you

Recruitment to the BBC 2012 – Work Experience scheme is via Workplace. This opportunity is aimed at entry level applicants. Graduates are not eligible to apply.

For more information visit Workplace offices in:
Stratford, Boardman House, 64 Broadway; Canning Town, The Place, 2 Silvertown Way; or East Ham, opposite Newham Town Hall, High Street South.
You also go online to www.newhamworkplace.co.uk or call 020 3373 1101.



Mohammed Delwar Al Monsur gets inspired

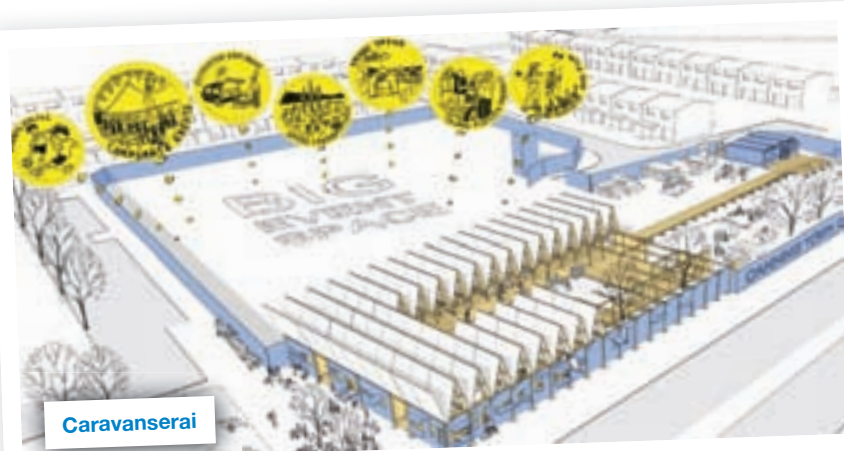
Temporary treasures

What's in store

21st Century Pleasure Gardens

A slice of festival life with a historical flavour will transform the Pontoon Dock in Royal Docks. The waterside site will be set up to host events, theatre, artistic performances and live music all year round, which will mean you can roll up on a sunny day as a spectator to something spectacular, or just stroll along the water's edge in scenic surroundings.

The proposal is a nod to the one-time pleasure garden at Royal Victoria and will offer family-friendly fun that all can enjoy.



Caravanserai

A courtyard hub for all that's interesting in Canning Town is planned for this site next to The Place. This will be a place where small local businesses can find incubation space – in other words, a spot where a fledgling business, makers and artists can set up and receive ongoing support and advice – and the local community can come and join in with activities such as treasure hunts and guided walks that spread out into Canning Town and beyond.

Twenty-first century pleasure gardens, a courtyard with ever-changing shops and local businesses, a way of breathing new life into found objects and a floating outdoor swimming pool. These may sound like the stuff of dreams, but all four will be coming to Newham in the near future, thanks to an exciting competition.

The council launched the Meanwhile Spaces competition last year with the London Development Agency and Property Week Magazine to make over three derelict sites in the borough, bringing a new lease of life to the empty spaces. Similar to the pop-up shop phenomenon, where temporary shops spring up for a short period in fashionable spots, these four projects will take over the sites while a permanent use for them is found.

Competition entrants were asked to submit proposals which: promote entrepreneurial activities; create opportunities

and jobs for young people and residents; are exciting ideas; animate the spaces; attract visitors and create a destination; link to the green enterprise ambitions of the Royal Docks and are deliverable.

Temporary activities like this on derelict sites revitalise an area and kick-start regeneration. And, perhaps just as importantly, they give you some fantastic entertainment, right on your doorstep!

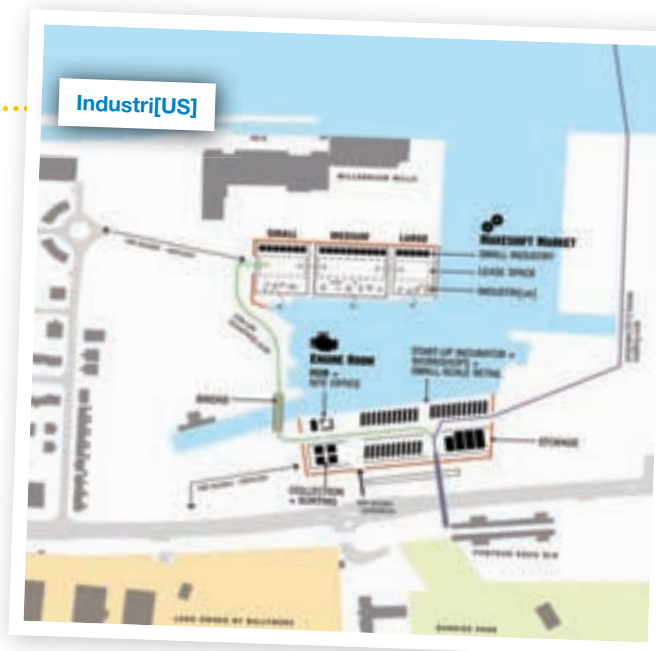
Find out more at

www.newham.gov.uk/meanwhile

Industri[US]

Industri[US] will make use of abandoned or waste objects to create art installations and other useful objects on empty land in and around the Royal Docks area – and possibly further afield. The dramatic skylines and waterside location of the docks make them an ideal spot for artistic endeavours, while the environmentally friendly element of this project involves the entire borough.

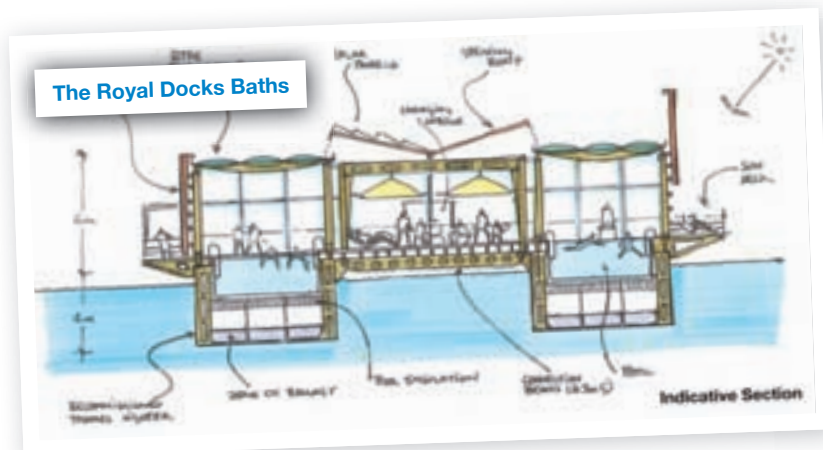
The project will bring together artists, scientists, entrepreneurs, businesses and local people. There are plenty of decisions still to be made on the project, but if it grabs your attention, keep reading *the Newham Mag* for more details on how you could get involved.



The Royal Docks Baths

Once this is up and bobbing, you will be able to have a swim, grab a coffee, eat a meal and have your back rubbed all while afloat in the dock. Seven re-used Thames lighters (a type of narrowboat) will form the base of this floating lido in Pontoon Dock, which will encompass a pool, spa, café and restaurant. Collapsible sides mean it can be open all year round.

Paris, Copenhagen, Berlin and New York have seen similar waterside projects and now Newham will be the place to experience London's take on the urban beach. Come and get your feet wet.





MARVEL AT M



Memorial Park is one of E15's best kept secrets. Tucked away behind West Ham Tube, the huge green expanse has been transformed into a magnet for sport enthusiasts, wildlife watchers and lovers of the great outdoors.

Work on the park in Memorial Avenue has enhanced this open space, which aims to provide something for everyone, from those who want to enjoy the tranquil surrounds to people who like to work up a sweat.

Play

The park houses a play orchard for young children, and in 2009 older kids got the facility of their dreams when they helped plan the brand new playground, which opened last year. A huge slide and giant swings topped polls as the most desirable equipment, and are now in place in new hilly, landscaped surroundings.

Plains

There is little that is plain about the changes to the park's environment. The enhanced meadow areas around the children's play orchard attract birds and butterflies, as well

as other creepy crawlies who are thriving in their newfound natural environment.

If you were one of 500 people that helped plant bulbs at last year's Go Wild event in the park, pop back and see what a blooming marvellous job has been done. The efforts of local residents have paid off, as the park is enjoying a burst of colour this spring.

For people looking to shape up in time for summer, the park provides a retreat for runners and walkers. There are plans currently in consultation to introduce a trim trail – adult outdoor gym equipment which will be placed around the area.

The park has excellent links with the walking and cycle paths of the Greenway, which stretches from Beckton to Stratford. Discussions are under way to improve access to the Greenway with the introduction of a path that links the park to this traffic-free concrete corridor.



EMORIAL



Pastimes

The park's most notable and welcome improvement is its £2.8m state-of-the-art sporting facility and multi-use games area (MUGA). A floodlit, all weather, synthetic turf pitch, with new changing pavilions and extensive improvements to the existing grass pitches means that 23 sports clubs specialising in football, rugby, cricket and ultimate frisbee now have a permanent place in the borough that they can call home.

The range of sports activities on offer caters for novices as well as aspiring sport stars. The council, working with Newham New Deal Partnership and ELCSA (East London Community Sports Association) partners have developed grassroots and elite sports programmes to encourage more people to get active and improve their health and wellbeing.

The sports offer and a regular police presence have contributed to making the park safer. Young people are now actively engaged in sports activities and, in some cases, are encouraging their younger peers to join in.

Performance and participation

Memorial Park is home to an amazing amphitheatre and the award-winning Grassroots centre, which houses a children's centre and nursery. As well as community events space, the centre hosts classes ranging from kick boxing to yoga. Outside, you'll find London's largest mural, which frames the Greenway, and free wi-fi internet beside the building.

The amphitheatre can seat 200 people, with the surrounding grass banks accommodating another 200 people standing. Last summer, the amphitheatre

filled the park with the sound of music when Friends of Grassroots organised music concerts. There are plans to host more events this summer.

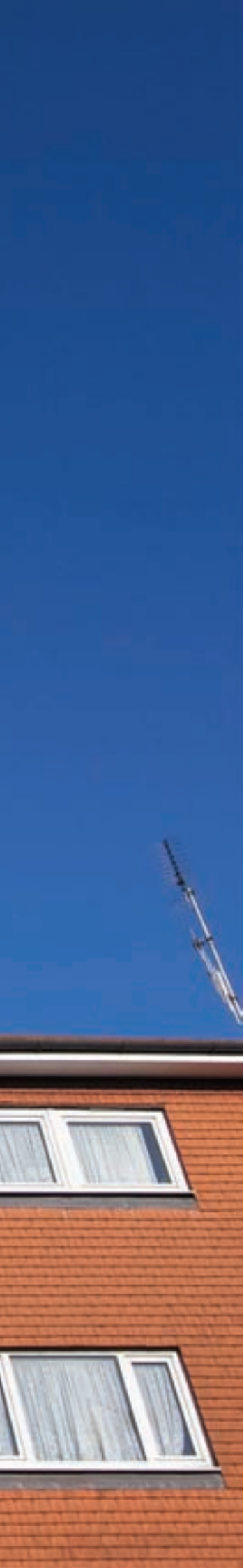
The Park and Grassroots are supported by Friends of Memorial Park and Grassroots (FOMPAG). The group is supporting work to create a sensory garden in the park and has helped organise planting and children's events.

If you'd like to join FOMPAG call 020 3150 0080 for details. Call the same number if you'd like to host a daytime activity for the community at Grassroots, or have an idea for an event at the amphitheatre.

For more information about Memorial Park call 020 3373 1588 or email parks@newham.gov.uk



Council housing comes home



If you are a Newham Council tenant or leaseholder, you probably haven't noticed it but your service has just gone through a major change. From 1 April, the organisation that managed council housing, Newham Homes, has been reintegrated into the council. This means that all housing services such as rent collection, caretaking and repairs are now provided by the council.

Why the change?

The decision was made to take housing services back into the council so that we could make significant savings. When we asked tenants and leaseholders about the change last year, more than 50 per cent were in favour of it.

Newham Homes was set up to access Decent Homes funding, and over the last five years £264.5m has been spent improving properties for council tenants.

What is Decent Homes?

In 2000, the Government launched a new standard for council housing, with the aim to make all council homes 'wind and weather tight, warm and with modern facilities' by 2010. They made a certain amount of funding available to councils to help achieve this.

"Your housing officer, caretaker and concierge will remain the same and you will continue to receive the same high quality service."

Until recently, we had to receive these funds through Newham Homes, but now the council can bid for Decent Homes funding directly from the Government, making the delivery of housing services more cost effective.

How the change will affect you

Although this is an important change, you should not have noticed any differences in the way services are provided. All services can be accessed in exactly the same way as before. The majority of Newham Homes staff have transferred across to Newham Council and no contact numbers have changed. Your housing officer, caretaker and concierge will remain the same and you will continue to receive the same high quality service. As a tenant or leaseholder, there's nothing you need to do.

You will still see Newham Homes vans out on the streets and caretakers, concierges and

RMS (Repair Maintenance Service) workers sent to carry out repairs on your home may still wear Newham Homes branded uniforms. To minimise costs, we will gradually move from Newham Homes to Newham Council branding.

Beware of bogus callers

Because we will be using both Newham Homes and Newham Council branding at the same time as we change over, someone may still arrive at your home wearing a Newham Homes uniform or driving a Newham Homes van.

However, all ID cards with Newham Homes branding have now been withdrawn. This means someone sent to carry out repairs on your home or a caretaker in your block will now have a Newham Council branded ID card. These cards must always be produced on request and staff must tell you their name if you ask them.

If someone visits your property with a Newham Homes ID card, or if you are unsure about any visitor saying they are from the council, call 020 8430 4454 to check their identity.

Top tips to avoid being a victim of a bogus caller:

- > think before you open the door – use the chain and spy hole or look out of the window to see whether you recognise the person who is there
- > ask callers for proof of identity
- > beware of callers who attempt to distract you by encouraging you to leave your home.

Reporting a bogus caller

If you think a bogus caller has visited or is in your home, dial **999** immediately. If you have information about bogus callers or would like to discuss the problem further, contact your local Police Safer Neighbourhood Team on **0800 731 3300**.

For more information on Newham housing, visit www.newham.gov.uk/housing/councilhousing



Newham in pictures



Nearly 3,000 runners and almost 500 junior athletes became the first people to race competitively around Stratford's Olympic Park during the Newham London Run. Councillor Paul Brickell, executive member for the Olympics, and Young Mayor Ali Mohamed (pictures 1 and 2) set them on their way in the respective 10km and 4.2km races. The runners passed a stunning Olympic backdrop as the race took in views of the main stadium, athletes' village, Stratford High Street and the Greenway. They also got a preview of the Westfield Stratford City shopping centre.



Family fortunes

Rows of traditional Indian sweets like rounded golden ladoos, pastel-coloured squares of barfi and glistening jalebi have been drawing the crowds to City Sweet Centre in Forest Gate since 1978. Two brothers, Natwarlal (left) and Vasantry Thanki, work non-stop to bring their father's recipes to sweet teeth all over the world. They talked to *the Newham Mag* about family, food and fraternity.

Tell us how the business came about.

"Our father, Mr Jethalal Thanki, came to the UK from Tanzania in 1970," says Vasantry. "He was a specialist sweetmaker in Dar es Salaam, so when he was injured in his factory job he decided to open a sweet shop here in Forest Gate."

Natwarlal continues: "We were at school in India but came over to join him,

and he taught us everything we needed to know.

"To work for yourself is a great thing. The shop demanded a lot of hours in the early days but we worked together as a team. The whole family was here."

It sounds very much a family business.

Vasantry agrees: "The best thing about working here is that you are together as a

We even have customers who take sweets back to India when they visit!”

Have you stuck to your father's recipes?

Vasantry: “Yes. Our mawa pera, for example, follows the traditional recipe but our father changed the finer points – texture and taste and so on.”

Natwarlal continues: “We stick to his recipes but we’ve changed our methods over time. We make all the sweets here on the premises, and whereas we used to make them by hand we now use machines, which saves us a lot of time.

“Now our own children have started to look at the business and have their own ideas about how things should be, like how we present the sweets.”

What changes have you seen in the area?

Natwarlal: “When we moved to this area there were a lot more factories along here: Trebor Bassett, Cadbury etc, The manufacturing sector was huge. The workers used to make up a lot of our clientele but since the factories closed they’ve gradually moved out of this area. It’s mainly residential and retail here now.

“But the people who used to live here come back for their sweets. Word of mouth and our reputation have ensured our success, and we’ve kept our clientele.”

Vasantry adds: “Children who used to come with their parents years ago now come in with their own children. Especially for the mawa pera!”

What do you think is the secret of your success?

“You can’t get what we sell anywhere else,” says Natwarlal. “You can get ordinary sweets from the supermarket, maybe the price is a bit more here, a bit less there, but those sweets are the same. What we sell here is unique.”

On a quiet, unremarkable stretch of the Romford Road is a small but thriving business, where family is all and the future is looking sweet.

family, you are close and helping each other out. Our sister even comes and works here during Diwali, which is our busiest time. We have queues round the block!”

Natwarlal adds: “It’s long hours but it doesn’t really feel like work. And if we weren’t doing this we wouldn’t just be sitting around – we’d be helping out with our families and in the community.”

What’s your bestseller?

Vasantry says: “Mawa pera [a sweet made from condensed milk and cardamom] is our most popular sweet; it’s been a bestseller for a long time. People give it out to celebrate the birth of their children or for weddings. It’s our speciality.

“We get a lot of custom from all the communities around here. People come from as far as the States and Canada.

**Fancy a career in catering?
Contact Workplace on 020
3373 1101 or visit
www.newhamworkplace.co.uk**

Got something to
shout about? Email your
ideas to [newham.mag
@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

YOUR SPACE

where young people take control

BUILDING BLOCKS

Ryan Robinson, 16, from Beckton, talks about his work placement with Ardmore Construction at 150 High Street, Stratford. Ardmore and its client Genesis Housing Group set up the placement through the Newham Education Business Partnership.

"I left school just over a year ago and now I go to New Directions in Newham. Six of us were asked if we wanted to do two weeks work experience on site in Stratford with Ardmore, this big construction company, and here we are.

"I've always wanted to work in construction. I help out at home if there are jobs to do like varnishing the stairs, stuff like that. I like things perfect.

"I don't wait for someone to ask me to do something – I ask what I can do for them."

"On our first day we had a design workshop to tell us what we were going to do and we were given a brief. We're building a training room inside an existing building – which will eventually become flats, with shops and restaurants on the ground floor. The site is right next to the Olympic Park and the river.

"We've been shown how to measure out the room and get it all prepared and in our second week we'll be plastering the walls and putting in the door. We'll also install the radiators and learn how to do the electrics and the cabling for the computers.

"I've learned a lot – we all have – but we've also learned how to work with other people as a team. It's not about pointing the finger; if you want something to work or you need help, you have to communicate. I don't wait for someone to ask me to do something – I ask what I can do for them.

"In June, when I leave New Directions, I'd really like to be an apprentice for Ardmore."

Newham Education Business Partnership (NEBP) organises work experience for all 14 to 16-year-olds at Newham schools. When you are in Year 10 your school will work with NEBP to arrange your placement. Your school's work experience co-ordinator can tell you when your placement will be.



Ryan Robinson

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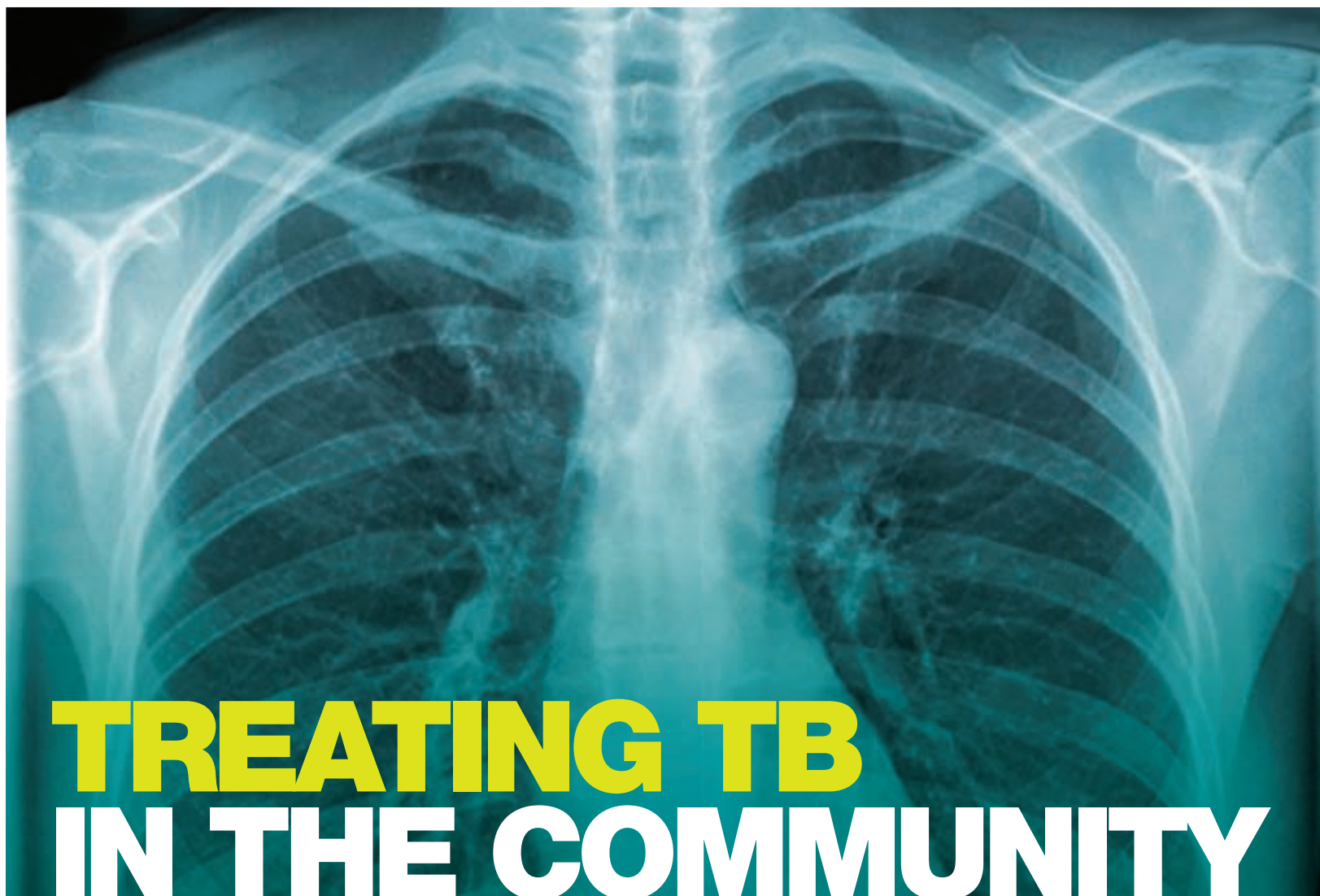
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TREATING TB IN THE COMMUNITY

With Tuberculosis (TB) Awareness Day recently held in March and more than 200 new cases of the disease diagnosed in Newham every year, isn't it time you knew the facts?

TB is a common infectious disease that normally affects the lungs. Consultant physician at Newham University Hospital NHS Trust (NUHT), Dr Packe said: "It is important that people are aware of the symptoms and realise that TB can be treated. The main symptoms are a lot like flu so many people don't visit their GP. But if you have a fever, night sweats or a bad cough for longer than three weeks, make sure you visit your GP and ask for a referral."

Classic TB symptoms are:

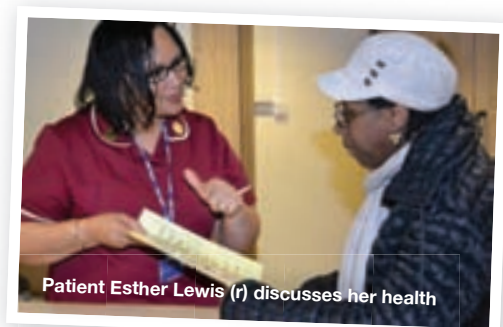
- > **a cough that lasts for more than three weeks**
- > **coughing up blood**
- > **rapid loss of weight for no obvious reason**
- > **loss of appetite**
- > **fever and very heavy night sweats**
- > **swollen glands**

> **general and unusual tiredness/lethargy that is persistent.**

TB services in Newham are provided by NUHT at the Shrewsbury Road Chest Clinic in Forest Gate. The clinic provides a range of exclusive TB services including a rapid access service, therapy in patients' homes and a special medication service.

The rapid access service has made a huge impact on the way TB patients are cared for. Patients are now seen immediately with investigations and treatment provided straight away. Since its introduction, waiting times at the TB clinic have reduced and patients who are referred urgently are seen within a week.

Another improvement is the use of local expert pharmacists across the borough to manage therapy to TB patients who need to be directly observed. These pharmacists can advise patients and



Patient Esther Lewis (r) discusses her health

provide medication at a local pharmacy, offering greater flexibility and convenience.

Patient Esther Lewis is really pleased with the service. She said: "I almost died from TB but the TB service has been fantastic! My doctor was very informative, I felt relaxed and the nurses took their time to look after me. I think having the community based service was really good as the staff deal with you on a personal level. I've now fully recovered, got my health back and been discharged."

STRATFORD EAST
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020

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Have a cracking tim

From street soccer to messy play, a Good Friday market to family fun days, there's something for everyone this Easter.

Cricket – ages eight to 19

Develop your cricket skills with technical drills and tactical games where you'll learn how to perfect your batting, bowling and fielding. No need to book, just turn up.

Tape ball cricket sessions/competition

- > *Wednesday 13 and Thursday 14 April, 1-3pm* West Ham Park, Ham Park Road, E7
 - > *Friday 15 April, 2-4pm* Flanders Road Playing Fields, Napier Road, E6
- For details email kosborne@newvic.ac.uk or call 020 7540 0600, ext 3413.

Two-day BMX cycling course with BMX-Treme

Thursday 14 and Friday 15 April, 1-4pm
Monday 18 and Tuesday 19 April, 1-4pm
Gooseley Playing fields BMX track, East Ham. Spaces for 18 people, booking essential. Bikes and helmets are provided but all participants must be able to ride

without assistance and attend both days. To book, call 020 3373 7511 or email getactive@newham.gov.uk

Girls only sports, ages 14-19

All activities held at Newham Leisure Centre, Prince Regent Lane, E13. No booking required.

- > *Wednesday 13 April, 1.30-2pm, step aerobics*
2-2.30pm, body conditioning
- > *Thursday 14 April, 1.30-3pm, gym*
3-3.30pm, spinning
- > *Friday 15 April, 1.45-2.45pm, gym*
2.45-3.15pm, aerobics
- > *Monday 18 April, 2.30-3pm, spinning*
3-4.30pm, gym
- > *Tuesday 19 April, 3-3.30pm, spinning*
3.30-5pm, gym

Newham Leisure Centre

A range of sessions for eight to 16-year-

olds, run by different clubs. Suitable for boys and girls, including those with disabilities. Simply drop in to a class that takes your fancy.

Basketball, 10.30-11.15am, every day 18-21 April

Dancemats, 11.15am-12.15pm, Monday 18 and Tuesday 19 April

Football, 1.15-2.15pm, Wednesday 20 and Thursday 21 April

Karate, 12.30-1.15pm, Monday 18 April
Fencing, 12.30-1.15pm, Tuesday 19 and Wednesday 20 April.

Cricket, 1.15-2.15pm, Wednesday 20 April

Athletics, 12.30-1.15pm, Thursday 21 April

Street soccer

Free fun sessions for boys and girls aged eight to 19 run by Leyton Orient in parks across the borough. All sessions run from



Free for free this Easter

12noon-4pm and you can simply drop in.
Thursday 14 April and Tuesday 19 April
Stratford Park, West Ham Lane, E15
Friday 15 April
Plasnet Park, Plasnet Grove, E7
Monday 18 April
Royal Victoria Gardens, Pier Road, Off
Albert Road, E16
Wednesday 20 April
Memorial Park, Memorial Avenue, E15

The programme culminates in a tournament for under-17s in Memorial Park on *Thursday 21 April, 10am-5pm*.

Easter Good Friday Market

Browse a variety of stalls offering jewellery, clothing, bric-a-brac, flowers and much more at **Rathbone Market** in Canning Town, *Friday 22 April, 8.30am-6pm*. For more information call 020 3373 1443.

Children's Centres

Children's Centres are open over the school Easter holidays but call to check opening times. Visit www.newham.gov.uk/childrenscentres for numbers and details. All activities are free.

St Stephen's Nursery and Children's Centre, Whitfield Road, E6 is running stay and play sessions for ages eight and under. Come and enjoy a range of activities and use the outdoor garden.
Monday 11 and Friday 15, 9.30-11.30am, and Tuesday 12 and Thursday 14 April, 1-3pm.

Ellen Wilkinson Children Centre, Tollgate Road, E6 is running an Easter fun day on *Wednesday 20 April, 11am-2pm*, call 020 8430 6290 for more details.

Edith Kerrison Children's Centre, Sophia Road, E16 is hosting:

- > **family play session for families** and kids aged 7 and under, *Tuesday 19 April, 1-2.45pm.*
- > **interview skills two-day workshop**, *13 and 14 April, 10am-2pm.* Call 020 7476 17355 to book your place, crèche available.
- > **mini kickers**, fun football session for children aged three to seven, *Thursday 21 April, 10-10.45am and 11-11.45am.*

Freemasons Outreach Centre, 5-7 Freemasons Road, E16 has messy play, every *Tuesday, Wednesday and Thursday, 10-11am.*

North Woolwich Children's Centre, 68A Winifred Street, E16 is running a baby and toddler group, *Mondays 9.30-11.30am and Wednesdays 10am-12noon.* Messy play takes place on *Fridays, 9.30-11.30am.* Siblings up to 8-years-old are welcome to attend during school holidays.

Plaistow Primary School and Children's Centre, Junction Road, E13 is hosting two family fun days, *21 and 28 April, 9.30-11.30am and 1-3pm* on both days.

To keep up to date with all that's happening in Newham over Easter visit www.newham.gov.uk/easteractivities



Get some StreetVibes

Get into the groove and learn the coolest dance moves at a new performing arts group for eight to 16-year-olds in Canning Town called StreetVibes.

As well as dancing to the latest music, you'll learn how to choreograph and have the chance to turn your talents to singing, drama and DJ-ing.

StreetVibes takes place every Thursday from 14 April at The Hub, 123 Star Lane, E16. Sessions for eight to 12-year-olds are held from 5-6pm, and from 6-7pm for 13 to 16-year-olds. The cost is £3 per session, with special offers for those in the same family.

To find out more call The Hub on 020 7473 5249 or email havanasavage@aol.com



Walk your way to fitness in West Ham Park

If the gym is not for you, why not try weekly Health Walks at West Ham Park; a brisk walk that you can take in a sociable atmosphere to improve your health and increase your activity levels. The organised Health Walks are part of Natural England's walk for health initiative, intended to promote group exercise and physical activity out in the fresh air. The walks are led by Natural England-trained Health Walk leaders and are free of charge. All you need to do is complete a health questionnaire and bring it to your first walk session. Please wear clothing and footwear suitable for walking in the outdoors and for the weather.

Dogs on leads are welcome. It is essential to book in advance. Walks are held every Wednesday from 2 March to 7 September at 11am. Please meet at the bandstand.

For more information and to book a space please email parks.gardens@cityoflondon.gov.uk or call 020 8472 3584.



Bowl up and join in

Plashet Bowls Club in East Ham's Plashet Park celebrates 100 years of bowling this year. Why not go along and join them, like so many Newham residents have been doing since 1911.

Bowls is an easy to learn, fun game for men, women and children from 12 years of age.

For more information call 020 8471 3821 or just come along with a flat pair of shoes to the green on any Wednesday afternoon (May to September) from 2-4pm to have a go at bowling. Woods and a trainer will be provided. Experienced bowlers are very welcome.



Gallions gears up for a cultural celebration

Gallions Reach shopping centre in Beckton is holding a two-day cultural event on Sunday 29 and Monday 30 May, and they want you to be a part of it.

The centre wants to showcase the diverse talents of our community, and is looking for local groups who specialise in cookery, performing arts or crafts of any kind.

If you or someone you know fits the bill, please contact Claire Holloway on 020 7473 8164 or email info@gallions-reach.co.uk.

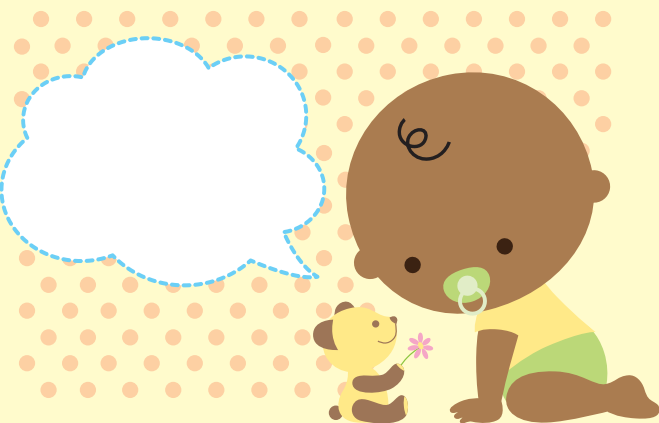


Baby talk

Parents of babies can gain a fascinating insight into how their children look at the world, thanks to a groundbreaking study from the University of East London. The study uses eye-tracking technology to establish if future language, social and attention weaknesses can be identified in babies as young as six months old.

The team plans to work with children's centres across Newham and will recruit 200 babies to take part in the study. They will be hosting a series of 'Learn about your baby days' where parents can come along and find out a bit more about their babies.

Interested in taking part? Call the University of East London Baby Lab on 020 8223 4951 or email TALBY@uel.ac.uk



Older people take control

If you are an older person with something to say about local services, the Older People's Reference Group (OPRG) could be for you. The OPRG is a group that aims to

influence policy, practice, attitudes and behaviours so that Newham's older people can age well. Its focus is health and social care issues.

The OPRG works with the Newham Older People's Partnership Board, which brings together NHS Newham, Local Authority, older people and voluntary and independent sector partners.

The group meets on the second Thursday of the month at the Resource Lab, East Ham Care Centre, Shrewsbury Road, London E7. Meetings are from 12.30 to 2.45pm each month.

For more information call 020 8821 0862 or email oprg@ageconcernnewham.org.uk



Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU

GALLERY



Paul Ojo, 6



Mithushan, 7



Sumaiyah Zaman, 9



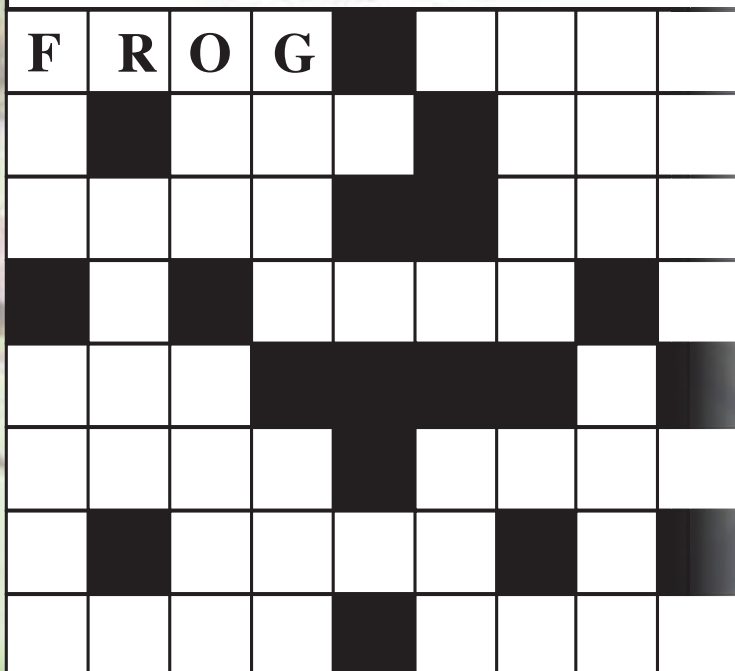
Dariusz Velichore, 8

This fortnight's best entry wins a £10 Newham Bookshop voucher

Get your entries in now to be in with a chance of winning four tickets to **Creative Club on Saturday 7 May**. The Creative Club is aimed at two- to eight-year-olds to promote active creativity and a healthy lifestyle for young children. In the past groups have explored circus skills, street dance, capoeira and pop portraits. Send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. Good luck!



Colour-me-in Wordfit



3 letters

AGO
ART
BED
DIG
FIN
FUN
OUT
RAY
URN

4 letters

AFAR
ARID
BEAR
DUNE
DUTY
FAWN
GREY
NOTE
OGRE
PADS
RAKE
REAR
SNOW
TART
YEAR

Poem

Learning the flowers

Along the lanes
Down sunny hours
That summer
Granny taught me flowers

Dog rose, foxglove, lady's
smock
Ox-eye daisy, town hall clock
Billy's button, adder's meat
Old man's beard and
meadowsweet

Sometimes I went to pick
But she smiled and said
gently,
'Let them be'

Sticky willy, bugle, pansy
Yellow rattle, harebell, tansy
Silver weed and tormentil:
She taught me and I know
them still.

by **Zulakha Mahmood, 10**

WHAT'S ON?

**FIVE PAGES
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ALL FUN!**

To view hundreds of events, or to add your own,
log on to www.newham.gov.uk/whatson

1 – 15 APRIL

TRY SOMETHING NEW... GET CREATIVE THIS EASTER

Over the Easter holidays, Central Park, High Street South, E6 will host a range of free fun activities for the whole family to get involved in.

Each day will offer something different, such as Easter arts and craft, tai chi fitness taster sessions, egg hunts and a puppet show. You will also have the opportunity to explore a mobile animal zoo with bunnies and chickens.

The events will run from Monday 18 – Friday 22 April between 1 and 4pm. Children under 16 must be accompanied by an adult. **For more information, visit www.newham.gov.uk/whatson, call 020 8430 2000 or email parks@newham.gov.uk**



ALL LIBRARY LISTINGS

See Library Contacts for venue details.

UNDER FIVES GROUPS

All open to under fives with their parents/carers.

Storytelling

Beckton Globe

Friday 10-11am

Canning Town

Monday 10.30-11.30am

Custom House

Tuesday 10.15-11.15am

East Ham Wednesday

2-3pm

The Gate Friday

11am-12noon

Green Street Thursday

10.30-11.30am

Manor Park Thursday

10.30-11.30am

North Woolwich

Thursday 2-3pm

Plaistow

Tuesday 11am-12noon

Stratford Tuesday

11am-12noon and Friday

11am-12noon

Crafts Club

Manor Park

Tuesday 10.30-11.30am

Toy Library

Beckton Globe Monday

10am-12noon and

Thursday 1-3pm

East Ham Tuesday

10am-12noon and Thursday

10am-12noon

Imaginative Play

East Ham Friday

10.30-11.30am

Learning & Craft

Beckton Globe Tuesdays

during school term

1.30-2.30pm

ADULT READING

Adult Reading Groups

Stratford Monday 11 April

6.30-7.30pm

Women-Only Urdu

Reading Group

The Gate Tuesday 12 April

5.30-7.30pm

OTHER GROUPS

Over 50s Club

Beckton Globe Tuesday

9.45-11.45am

Click-On – computer

sessions for over 50s, contact

the library to book a place

East Ham Friday 10am-

12noon and 2-4pm

Plaistow Friday 10am-12noon

and 2-4pm

ICT Surgeries

Green Street

Tuesday 10am-12noon

The Gate Thursday 10am-12noon

Knit & Natter – craft group

for men and women of all ages

and abilities

Beckton Globe Wednesday

10am-12noon

Canning Town

Friday 10am-12noon

Writers' Group

The Gate Tuesday 29 March

5.45-7.45pm

Movie Night at Stratford

Library – free showing of

the film 'Slumdog Millionaire'

directed by Danny Boyle (Cert

15.) Thursday 14 April 6-8pm

(prompt start)

YOUNG PEOPLE

Homework Club – All young people aged seven to 14 can get

free study support at their local library on the days and times below. School term only.

Beckton Globe

Tuesday 4-6pm

Canning Town

Thursday 4-6pm

Custom House

Thursday 4-6pm

East Ham

Monday 4-6pm

The Gate

Tuesday 4-6pm

Green Street

Tuesday 4-6pm

Manor Park

Thursday 4-6pm

North Woolwich

Monday 3.30-5.30pm

Plaistow

Thursday 4-6pm

Stratford

Monday 4-6pm

Games Clubs – Sony PS3 or Xbox 360 and Nintendo Wii games, board games and many more free activities for eight to 13-year-olds.

Canning Town

Monday 3.30-5.30pm

Custom House

Tuesday 3.30 to 5.30pm

East Ham

Tuesday 3.30-5.30pm

Manor Park Monday 3.30-5.30pm

Stratford Playerz – Free activities for young people aged 12 and over.

Stratford Thursday 7 April 4-6pm

Teenage Games Club

PS2 and Xbox games, music, board games and many more activities for ages 12-16.

Beckton Globe Wednesday 3-5pm

Teen Xtra Evenings – Free activities for ages 12-21.

The Gate Thursday 6-8pm

LIBRARY CONTACTS

Beckton Globe 1 Kingsford Way, E6 5JQ. 020 3373 0853

Canning Town Barking Road, E16 4HQ. 020 3373 0854

Custom House Prince Regent Lane, E16 3JJ. 020 3373 0855

East Ham High Street South, E6 6EL. 020 3373 0827

The Gate 4-20 Woodgrange Road, Forest Gate, E7 0QH. 020 3373 0856

Green Street 337-341 Green Street, E13 9AR. 020 3373 0857

Manor Park Romford Road, E12 5JY. 020 3373 0858

North Woolwich 5 Pier Parade, E16 2LJ. 020 3373 0843

Plaistow North Street, E13 9HL. 020 3373 0859

Stratford 3 The Grove, E15 1EL. 020 3373 0826

Archives and Local Studies 020 3373 6881

Community Outreach

Services For more information call 020 3373 0813

SPORTS PROGRAMME

Basketball

Newham NSP (free)

- Basketball coaching, 8-19

Mon, 7.30-9pm

Little Ilford Youth Centre, E12

- Basketball Competition, 8-19

Tues, 6-7.30pm

Lister School (Sports Hall), E13

- 3 vs 3 league, 8-19

Thurs, 5-7pm

Forest Gate Youth Centre, E7

Youngbloods Basketball

- Under-12s, mixed

Saturdays, East Ham Leisure Centre

1-3pm

- Under-13/14s, boys

Mondays, 6-8pm, St Angela's School

Tuesdays, 5.30-7.30pm

Newham Leisure Centre

- Under-14s, girls

Mondays, 4.30-6pm, St

Angela's School

Tuesdays, 5.30-7.30pm,

Newham Leisure Centre

- Under-15/16, boys

Tuesdays, 6-8pm, East Ham

Leisure Centre

Fridays, 6-8pm, St Angela's

School

- Under-17/18 boys

Tuesdays, 8-9.45pm, East Ham

Leisure Centre

Thursdays, 7-9pm, St

Bonaventure's School

Fridays, 6-8pm, St Angela's

School

Each session costs £1. Contact

Caroline on 07958 307 657 for

more details.

Football

Newham NSP (free)

Five-a-side

- U14 & U18

Mon, 6.30-8.30pm

Newham Leisure Centre, E13

- 11-18

Wed, 5-8pm

Priory Park MUGA, E6

- 8-19

Wed, 5-6.30pm

Keir Hardie Park, E16

- Five-a-side, 8-19

Fri, 6-7.30pm

Scud Park, Tant Avenue,

Canning Town, E16.

- Mayor's Football League, U14, U18,

Thurs, 4-6pm

Memorial Park

- Coaching and competition, 8-19,

Sun, 1-2pm

Winsor Park, E6

- Monthly tournament



Basketball

U12, U14, U18, 10am-1pm

First Sat of the month

Plasnet Park, E6

WHU Kickz (free)

Mon

- U14, 4-5.30pm

- 15+, 5.30-7pm

West Ham Community Astro Turf (Beckton)

- 11-18, 5-8pm

Forest Gate Youth Centre, E7

Tues

- U14, 4-5.30pm

- 15+, 5.30-7pm

West Ham Community Astro Turf (Beckton)

- 11-18, 6-9pm

Priory Park MUGA, E6

Wed

- 11-18, 5-8pm

Priory Park MUGA, E6

Thurs

- 11-18, 4-7pm

Priory Park MUGA, E6

Fri

- U14, 4-5.30pm

- Girls 11+, 5.30-7pm

West Ham Community Astro Turf (Beckton)

- 11-18, 5-8pm

Forest Gate Youth Centre, E7

Air Football 16+

Tues

1-3pm, Stratford Park, E15

Fri

3-5pm, Beckton Powerleague

For more info visit

www.airfootball.co.uk

Ascension Football

Academy



Knit & Knatter



Boxing

For info call Beryl Callison
020 7511 1232.

School years R-3:

9.30-10.30am

School years 4-7:

10.45-11.45am

School years 8-11:

12noon-1.30pm

All sessions £2.50

King George V Park, E16

Football and basketball Newham All Star Sports Academy (NASSA)

- 12-16 mixed, Mon

6-7.30pm,

- 18+, 7.30-9pm, Newham

Leisure Centre, E13

-11-16 girls, Tues,

4.30-6pm, Sarah Bonnell
School, E15

- Fri, 4.15-5.30pm 8-11 mixed

3.30-7.30pm, 12-16 mixed

Cumberland School, E13

For more information about

Newham All Star Sports

Academy (NASSA)

call Chris on 07932756197

or Natasha on 07985281581

or visit www.nassa2012.org.uk

Handball (free)

- Newham Flames, Tues

U15, 3.30-5pm

U18, 5.30-6.30pm

Newham Leisure Centre, E13

(Multi-Sports Hub)

Call Ari Bekker on

020 8430 2484

Multi sports (free)

Newham NSP

- Handball, football,
competition

5-7pm, 8-19

Wed, Stratford Park, E12

- Coaching and competition

4-5.30pm, 8-19

Fri, St John's Community

Centre, Albert Rd, E16

Athletics at Newham Leisure Centre

- Get Set Go Group, 11-16

Mon, 4-5.30pm, £1

- Met Track 10-17

Fri, 4.30-6pm

- Newham and Essex Beagles
Athletics Club, 10+

Mon and Wed, 6.30-9pm;

Sun, 10am-1pm

Email [jacqueline.ramsden1@](mailto:jacqueline.ramsden1@btinternet.com)

btinternet.com

Cricket

- Tapeball cricket league (free)

11-15, 16+, 6-9pm

Kingsford Astro Turf

- Newham Cricket Club

Monday 5-7pm

8-16, £2 per session

Flanders field,

Napier Road, E6

Visit www.newham.gov.uk

for information.

Boxing

East Ham Boleyn ABC

10- years +; boys only

- Mon, Tues, Wed, 5-6pm

East Ham WMC, 2 Boleyn

Road, E6

Call Daniel Penny on

07958 124 144

- West Ham Boys ABC

9-years +; boys and girls

Mon, Wed, Fri, 5-6pm

The Black Lion, 59-61 High
Street, E13

Call Lianne Jameson on

020 8472 3614

- Peacock ABC 8-years +

Mon, Wed, 6-8pm

boys and girls

Caxton Street North, E16

Call Martin Bowers on 020

7511 3799

- Newham Boys ABC

6-years +; boys only

Mon, Wed, Fri, 6-7.45pm

Old Bath House

141 Church Street, E15

Call Ravinder Atwal/Joe

Chapman 020 8519 5983

- Fight For Peace 11 years

+; boys and girls

(Phone for session details)

Woodman Street,

North Woolwich, E16

Call Marigold Ride

on 020 7474 0054

**Contact clubs before
visiting**

Free non-contact boxing

Non-contact boxing is the
perfect way to increase your
fitness, lose weight, build
strength and learn to defend
yourself.

Osmani Boxing Club is open

to males aged eight to 25

Fridays, 4-6pm

Froud Centre, 1 Toronto

Avenue, E12

For more information call

020 7247 8080 or email

healthyfutures

@osmanitrust.org

Free sports@Ascot Hall

Football, girls and boys, eight-

15yrs, Sat, 10am-12pm

Street dance for girls, all ages,

Sat, 12-1pm

Non-contact boxing, eight-

12yrs, Sat, 2-3pm

All sessions are free, for info

call 020 8430 4775

Ascot Hall, Hermit Road, E16

Newham Swords

Learn to fence with Olympic
champions; from ages four
to adult. The Hub in the grounds
of Newham Leisure Centre,
Prince Regent Lane, E13.

Tuesday 6.30-9pm

Thursday 6.30-9pm

Friday 7.30-10pm

Call Linda on 07956 618 898 or

visit www.newhamswords.co.uk

Newham Striders

Free, sociable walking group
that go striding in the local
area seven days a week. Visit
www.newham.gov.uk, email
paula.peaty@newham.gov.uk
or call 020 8430 2000 for
more information.

Universal Warriors

Kickboxing Club

**The Hub, 123 Star Lane,
Canning Town**

Mondays and Wednesdays,
6.30-8pm

Grassroots, Memorial Park,
Memorial Avenue, West Ham

Fridays, 6.30-8pm

Saturdays, 10.30am-12noon

Cost per class: under-16s and

concs. £5; 16+ £7

For more information call Don

on 07784 712 813 or email

teamrichards@hotmail.co.uk

Newham Shoujin Karate

Sessions for beginners:

Wednesday 4.30pm-5.30pm

(4-15)



Womens
Football

Thursday 6-8pm Fighting Fit (karate combat techniques and fitness) (16+)
 Friday 6-7pm (4-15) & 7-8pm (16+)
 Sunday 10-11am (4-16+)
 Sessions are held at Newham Leisure Centre, Prince Regent Lane and the adjacent Multi-Sports Indoor Centre. For more information call 07508 070 638.

Ramgharhia Badminton Club Adults (Advanced)

Tuesdays, 7-9.30pm
 Little Ilford School Church Road Manor Park
Juniors
 Fridays, 6-7.30pm
 Adults (Beginners/Intermediate)
 Fridays 7.30-9.30pm
 Langdon School, Sussex Road, East Ham
 For more information and prices contact Kilvir Bahra on 07803 834 037 or email ramgarhia.bc@gmail.com

OPA Netball Club

Tuesdays
 Under 16s: 6-7pm and over 16s 8-9pm
 Matches in Essex Met League/Three Swords League on Saturdays
 Lister Community School, St Mary's Road, Plaistow
 All levels welcome, for more information and prices call Lesley Jones on 07717 281 529 or email opa_netball_club@hotmail.com

Run in England – all £2

For more details email oimafidon@runinengland.co.uk or call 0797 926 1647
Monday, 4-5.30pm, Newham Leisure Centre E13, meet on the track
Tuesday, 6-7pm, Newham Leisure Centre E13, meet on the track
Wednesdays: 12noon-1pm, Newham

Dockside, Dockside Road E16, meet at reception 5.30-6.30pm, Newham Leisure Centre E13, meet on the track
Saturdays, all 10-11.30am: Central Park E6, meet at the café,
 Wanstead Flats, meet at Harrow Rd Changing Pavilion West Ham Park E15, meet at southgate entrance off Portway
Sunday, 10am-12 noon, Newham Leisure Centre E13, meet on the track

Women United FC (16+)

Mondays (Term time only)
 6.00-7.15 Kingsford School, Kingsford Way
 Call Shona Pollock on 07968 665849

Woodside Badminton Club Fridays 8-9.30pm

Carpenters Docklands Centre 98 Dibbins Road E15 2HU. Intermediate and club standard players welcome. Call steve 020 8514 1586.
 £5 waged/£3 unwaged

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports

Free Flying Wheels club for young wheelchair users aged six to 22. With an emphasis on wheelchair rugby and training from professional players.
 Wednesday evenings, 7-9pm
 The Hartley Centre, 267 Barking Road, East Ham, E6
 Call Eda on 020 8472 0058 for more information.
 Mon, Eastlea multi-sports club for SEN & disabled young people, Eastlea Community School, E16, 4-5.30pm
 Fri, 4-8pm, Newham Leisure Centre, E13, free

Multi-Activities

People with Disabilities Club,

Tues, Newham Leisure Centre, E13, 10.30am-12.30pm

Swimming for children and young people with special needs

Newham Otters Swimming Club, Sat, Newham Leisure Centre E13, 4.45-5.45pm
 For more information call 020 8552 3195
 £5 Family Swim, Sun, Balaam Leisure Centre, E13, 12.30-2pm
 For details call Zeenat on 07528 562 902

Get fit for free

Free use of the gym for one year for people with learning disabilities at Newham Leisure Centre on Tuesdays from 1.30-3.30pm. To book an induction you must contact Zahra Mirza on 020 7511 4477

Goalball

First Thursday of the month at Newham Club, Brampton Manor School from 5-7pm

B1 Football Club

Third Sunday of every month at East Ham Leisure Centre from 10am-12noon

For all of the following sessions contact Zahra at GLL on 020 7511 4477.

Free Trampolining sessions

Fri, 4-8pm; Sat 12.30-2.30pm, Newham Leisure Centre, E13

Free exercise to music

Sat, 12.30-2.30pm, Newham Leisure Centre, E13

Mixed swimming session for adults and children

Wed, 10am-12noon, East Ham Leisure Centre, £1.15

Families dealing with Autism Swim

Wed, 4-5pm, Balaam Leisure Centre, free.



ARTS LISTINGS

Theatre Royal Stratford East

Funk It Up About Nothin'

8 April to 7 May
 Tickets: £8 - £15
 Performance times vary – please check website for more details.
 A Hip Hop Shakespeare musical.
 Box Office 020 8534 0310, website www.stratfordeast.com

Stratford Circus

Creative Club-Capoeira!

Every Saturday from 7 May
 2 to 4-year-olds: 9.30-10.30am
 5 to 8-year-olds: 10.30-11.30am
 Capoeira is back due to popular demand. This Brazilian artform is a vibrant mix of dance, live music, acrobatics and martial arts.

Baby Dance!

Every Friday from 6 May 10-10.45am
 For babies from 3 months to crawling, providing babies with a movement, sensory, rhythmical experience in a playful environment supported by their parent or carer.
 Box office 0844 357 2625, website www.stratford-circus.com

Stratford Picturehouse

Living in emergency + Q&A with Médecins Sans Frontières

Tuesday 5 April, 8.30pm
 A window onto the seldom portrayed and less-than-glamorous side of humanitarian aid work in the war zones of Liberia and Congo.

Wasteland

Tuesday 12 April, 8.30pm
Vik Munis is a Brazilian eco-artist with a passion for trash. In this enriching and uplifting documentary, Vik travels from his adopted home in New York, to poverty-stricken Rio de Janeiro, where we land in Jardim Gramacho, the world's largest landfill site. Oscar-nominated.

Confessions

Thursday 7 April, 8.30pm
Reining in his impulse to create surreal candy-coloured worlds full of chaos and confusion, director Nakashima opts instead for an intense drama throbbing with dark emotions and powered by savage central performances.
Gerry Raffles Square, Stratford. Website www.picturehouses.co.uk

Discover

That Pesky Rat Shadow Puppet Show

Saturday 9 April, 11.30am & 2.30pm. Friday 15 April, 11.30am, 1pm and 2.30pm
Discover's Story Builders present this touching tale of a homeless brown rat with a colourful and brilliant shadow puppet show. Age: 3+

Princess and the Pea

Sunday 10 April, 11.30am & 2.30pm
Listen to this classic story reworked by Lauren Child. Take a look at this beautiful

Princess and the Pea sets in the exhibition and make a collage box to take home with you. Age: 3+

Charlie and Lola: Slightly Invisible

Wednesday 13 April, 11.30am, 1pm & 2.30pm
Saturday 16 April, 11.30am, 1pm, 2.30pm
Listen to this fabulous story with Discover's Story Builders. Age: 2+

Clarice Bean: That's Me

Thursday 14 April, 11.30am, 1pm and 2.30pm. Sunday 17 April, 11.30am, 1pm & 2.30pm
Meet Clarice Bean's lovely but noisy family as our Story Builders read you this popular story. Age: 3+. Price: Newham resident £4, under twos FREE.

Box office 020 8536 5555, website www.discover.org.uk

COMMITTEE MEETINGS

The following meetings all take place at Newham Town Hall, E6 unless specified.

Licensing (2003 Act) Committee

Monday 4 April 10am

Health and Social Care Scrutiny Commission

Tuesday 5 April 7pm

Regeneration and Employment Scrutiny Commission

Tuesday 5 April 7pm

Mayoral Proceedings

Thursday 7 April 10am

Licensing (2003 Act) Sub-Committee

Thursday 7 April 10am

Licensing (2003 Act) Sub-Committee

Thursday 7 April 11.45am

Newham Community and Police Forum

Thursday 7 April 7pm

Newham Partnership – Children and Young People Trust

Tuesday 12 April 4.30pm

Meetings are subject to cancellation. Details of meetings, agendas and minutes are available on the Newham website – www.newham.gov.uk

The Forward Plan, also available on the Newham website, sets out all Key Decisions to be taken over the next 4 month period.

MEET THE MAYOR

Mayor's Surgery

Thursday 7 April, 12noon-1pm
Stratford Local Service Centre, 112-118 The Grove, E15

Monday 11 April, 9.30-10.30am
Cllr Crawford hosting
Canning Town Local Service

USEFUL NUMBERS

020 8430 2000

Hundreds of services, just one number – for all council enquiries

For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit www.newham.gov.uk/yourcouncillor

Write to the Mayor at Newham Town Hall, Barking Road, London, E6 2RP or email mayor@newham.gov.uk

For information about Community Forums freephone 0800 519 4015 or email community.forums@newham.gov.uk

For information about the 2012 Games and how it will affect Newham, visit www.newham.gov.uk/2012Games

To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300

To speak to the Newham Mag team, call 020 8430 2000 or email newham.mag@newham.gov.uk

FIFTY DAYS AT THE GYM FOR 50p

The Regatta Centre, Royal Albert Dock, E16 is offering Newham residents aged over 50 gym membership for 50 days for 50p. As well as work out, you can play board games and chess at the gym. To qualify, visit the centre with photo ID showing your age. When the 50 days are up, you can get membership for £25 per month. The gym is open seven day a week. For more information call Ahmet or Michelle on 020 7511 2211.



Centre, 3 Beckton Road, Canning Town, E16

Speak to the Mayor

Wednesday 13 April
Call 020 3373 8444 between 9.30am and 10.30am and speak directly to the Mayor.

STRATFORD EAST
INTERNATIONAL HIT MUSICAL
THEATRE ROYAL STRATFORD EAST, CHICAGO SHAKESPEARE THEATER,
MERRIGONG THEATRE COMPANY and RICHARD JORDAN PRODUCTIONS LTD present

A **CHICAGO SHAKESPEARE PRODUCTION**

THE Q BROTHERS'

FUNK IT UP ABOUT NOTHIN'

A "HIP-HOPTATION" OF WILLIAM SHAKESPEARE'S MUCH ADO ABOUT NOTHING
CREATED AND DIRECTED BY GQ AND JQ

'I defy you, whatever your age or rhythmic persuasion, to go
to this 'ad-rap-tation' of Much Ado About Nothing and
come out without a gigantic grin on your face'

★★★★★
Time Out

020 8534 0310

**STRATFORD
EAST**.COM

THEATRE ROYAL
STRATFORD EAST

**8 APRIL
- 7 MAY**

Suitable for
ages 14+



Supported by
**ARTS COUNCIL
ENGLAND**

Newham London

LONDON
COUNCILS



Hop into spring this Easter

**Easter Festival,
Old Town hall Stratford**
Thursday 21 April,
11am-7pm

**Good Friday Market,
Rathbone Market**
Friday 22 April,
8.30am-6pm

**Easter egg hunt,
Queens Market**
Saturday 23 April,
12noon-3pm

For more information please visit www.newham.gov.uk/whatson